

Turn *health* Around



BE YOUR OWN

BEST MEDICINE

Many health and weight-loss programs provide information in the hope that you change your habits. CHIP is different. CHIP will help you make long-lasting lifestyle changes by addressing the causes of chronic disease and teaching you to use your own lifestyle as your best medicine.

SOME CHRONIC DISEASES ARE REVERSABLE. MOST ARE PREVENTABLE.

It is never too late to take your life back!

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with PROVEN RESULTS in improving: Blood pressure. Cholesterol. Triglycerides. Fasting blood sugar. BMI. Sleep. Resilience. Depression.

Merrill, R. M. and S. G. Aldana (2009). Am J Health Behav 33(2): 135-146. Thieszen, C. L., R. M. Merrill, et al. (2011). Psychol Rep 109(1): 338-352.

What is it?

- A Lifestyle Medicine Education Program.
• Focused on whole-person health.
• Facilitated over 12-18 Sessions (30-90 days) in a group environment with dynamic group discussions and peer support.
• Integrates optimal nutrition, exercise and behavioural psychology principles and tools.

Live more

When does CHIP start next?

How do you find out more?

Table with 2 columns: DATE, TIME



LIFESTYLE MEDICINE INSTITUTE

Call:

For more information or to register

Visit: www.chiphealth.com

To see testimonial videos, excerpts of the course material and find a program near you